

# Malini's Kitchen



**Ayubowan!** Welcome to Malini's kitchen. I am really glad to be able to share my love of cooking with all of you. Don't you think it would be quite useful if we have a collection of Sri Lankan recipes.

Instead of including only my recipes I thought it would be great if all of us can share all your favourite recipes. Let's all get together and create a whole collection of wonderful recipes, that all of us can enjoy. So please take a few minutes of your time and post your favourite recipe here soon. I would like to thank those of you who shared their recipes with all of us.

Do remember to check out **Malini's Kitchen** (<http://www.infolanka.com/recipes>)

for the latest version of this book and also the new recipes. Please send me your comments, thoughts and suggestions. My email address is [malini@infolanka.com](mailto:malini@infolanka.com)

Version: 1.0 (April 2, 1998)

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# Biryani II

Posted by [Malini](#) on October 17, 1997 at 17:38:49:

This particular dish has more of an Indian flavor to it than the other biryani recipe.

Serves 6.

## Ingredients

1 lb meat (chicken/mutton), cut into 1 1/2" cubes  
2 cups rice, washed and drained  
1/3 cup raisins  
1/3 cup green peas (optional)  
1/3 cup cashew nuts  
5 cloves garlic, minced  
1 inch piece of ginger, finely grated  
1 tsp chillie powder  
1 tbsp curry powder  
2 medium onions, sliced into rings  
2 medium tomatoes, diced  
5 mint leaves  
1/2 tsp of turmeric  
3 large potatoes, peeled and diced  
5 tbsp butter or ghee  
3 cardamoms  
3 cloves  
2 inch stick of cinnamon  
salt to taste



## Method

Saute the onions and the cashew in the butter until golden brown, about 5-7 minutes. Add the green peas and raisins and fry for a few more minutes. Remove from the fire, and put them aside.

Put the ginger, garlic, chillie powder, curry powder into the same pan used above and saute for 3-4 minutes. Add the meat and saute. Mutton should be sauted for about 7-8 minutes, while the chicken will take about 4-5 minutes. The meat should be about half cooked at the end of this step.

Add chopped tomatoes, cloves, cinnamon, cardamoms, turmeric, mint leaves and salt and saute for 2 minutes. Add a little water and cook until the meat is almost cooked. Now add the rice and potatoes. Add the rest of the water and simmer covered, on a very low flame for 15-20 minutes, until the rice is cooked.

If you are using a rice cooker the transfer the meat to the rice cooker, add the rice and sufficient water and cook according to directions.

Serve hot, garnished with the fried onions.



# Aappa (Hoppers)

Posted by Padmaja on October 01, 1997

## Ingredients

1 tsp yeast granules  
2 tbsp + 1 tsp sugar  
1/4 tsp salt  
2/3 + 1/4 cups coconut cream  
2 cups rice flour

## Method

Mix the yeast granules in 1 tsp sugar and the salt in half cup of warm water and leave for 15 minutes until frothy.

Mix 2/3 cups of coconut cream and 1 cup of water. Put the rice flour into a large bowl and add the yeast mixture.

Next add the diluted coconut cream, little at a time to make a batter like pancake batter. If more liquid is needed, add more water.

Now cover the bowl with a wet cloth and leave for about eight hours in a warm place. The batter should rise to double the original amount.

Finally before preparation, mix 1/4 cup coconut cream and 2 tbsp sugar and stir well. If more liquid is needed, add more water.

Soak a small piece of cloth in oil and a saucer.

Heat the pan(thachhiya) on medium. When hot rub the pan thoroughly with the oiled-cloth. Add about 3 tbsp of the batter to the pan and turn the pan so that the batter sticks to the sides of the pan.

Cover and cook for about a minute under low-medium heat. Use a butter knife to loosen the edges of the hopper and serve hot.

**Note: If the hoppers difficult to remove from the pan, add a beaten egg to the batter and stir well. It is best to keep this pan solely for the purposes of making hoppers**

# Kukul-Mas Buriyani (Chicken Briyani)

Posted by [Malini](#) on September 27, 1997

Serves 5-6

## Ingredients

2 cups Long grain rice, washed and drained  
1 lbs Chicken, cut in to 2-3 inch pieces  
2 medium onions, sliced  
1/2 tsp turmeric  
2 tsp chillie powder  
2 tsp curry powder  
5 cloves gralic, peeled and crushed  
1 inch piece of ginger, peeled and grated  
1/2 tsp black pepper powder  
2 medium tomatoes, diced  
1/2 lb green peas(frozen)  
1/4 lb raisins  
5-6 leaves of curry leaves  
2 inch piece cinamon  
1/4 lb cashew nuts, cut into small pieces  
3 tbsp butter(or vegetable oil)  
3 cardamoms  
3 cloves  
salt to taste



## Method

Heat the oil in a large pan and gently fry the onion till golden brown. Add the green peas, raisins and fry for another minute. Remove from the pan and set aside.

Reduce the heat and add the chllie powder, curry powder, curry leaves, garlic and ginger for 3-4 minutes. Add the meat, balck peper and saute for about 8-10 mins.

Add the chopped tomatoes, cloves, cinnamon, cardamoms, turmeric and salt and saute for 2 minutes. Add about 1 1/2 cup of water, cover and cook until the meat is almost cooked.

Remove about 1/2 cup of the gravy and add more salt if needed and set aside.

Add the rice to the pan and add sufficient water to cook the rice and simmer covered, on a very low fame for about 15-20 minutes until the rice is cooked. \*\*\*\*

\*\*\* If you are using a rice cooker the transfer the meat to the rice cooker, add the rice and sufficient water and cook according to directions.

Garnish with the fried onions, peas and raisins. Serve hot with the gravy

# Issan Bath (Shrimp Fried Rice)

Posted by [Malini](#) on August 11

Serves 5-6.

## Ingredients

4 cups long grain rice, cooked  
1 onion, chopped  
3 tbsp oil  
3 eggs, beaten  
1 lb raw shrimp, peeled  
1/2 cup sliced mushrooms  
1/2 cup carrots, cubed  
3 green onions, chopped  
1 tsp chillie powder  
3 tbsp soy sauce  
1/2 tsp sugar  
Salt to taste

## Method

Heat 1 tbsp oil in a frying pan, add the eggs and spread to make a thin pancake. When done, flip over and cook for a few more minutes. Remove eggs from pan and shred into small pieces.

Add the rest of the oil to a pan, and fry the onion. When browned add the shrimp and chille powder. Stir while cooking until the shrimp turn pink.

Add the carrots, and mushrooms and fry for another few minutes. Add the rest of the ingredients and stir well. Cook until thoroughly heated.

Serve hot topped with the shredded eggs.

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# Kaha Bath (Yellow Rice)

Posted by Felicia on August 06, 1997

Serves 2-3

## Ingredients

500 grams (2 cups) Basmati or other long grain rice  
2 tbsp ghee  
1 medium onion, finely sliced  
6 cardamoms  
6 cloves  
8 peppercorns  
1 tsp turmeric  
2 inch piece lemon grass  
2 inch piece cinnamon  
2 1/2 cups chicken stock  
1 cup coconut milk  
2 level tsp salt

## Method

Wash and drain the rice. Set it aside. Heat ghee in a large saucepan. Add the onion and fry until transparent. Add all the ingredients including the rice. Fry, stirring constantly for 2-3 mins.

Put into a rice cooker or pot. Pour in chicken stock and coconut milk. Cook until the moisture evaporates. When the rice is cooked, the spices will emerge on the top. Remove the spices and stir slightly with a fork.

Transfer to a serving dish and serve hot.

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# Dun-thel-bath(Ghee Rice with Green Peas)

Posted by [Malini](#) on July 07, 1997

This is a popular dish for special occasions, either lunch or dinner. Goes well with a meat curry and a salad.

Serves 4-6

## Ingredients

5 cups of long grain rice(Basmathi, Jasmine or Samba)  
5 cardamons  
5 cloves  
1 tsp cummin seed  
4 tbsp ghee  
2 cups green peas  
1 cup raisins  
salt to taste

## Method

Clean and wash the rice. Put the rice in a pan, stick in the index finger on surface of rice and fill water upto the 2nd joint of the index finger. Cover and cook the the rice under low heat.

When the rice is done, heat the ghee in a heavy bottom pan under low heat. When it is hot add the cardamons, cloves and the cummin seed and fry for about 1 minute.

Next add the remaining ingredients except the rice and cook for another 2-3mins. Now add the rice and mix well. Add salt to taste. Serve hot.

\*\*\*\* It ghee is not available then substitue it with 4 tbs of butter.

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# Kiri Bath (Milk Rice)

Posted by [Malini](#) on January 03, 1997

This is a popular breakfast item in Sri Lanka. A must in most auspicious occasions.

## Ingredients

4 cups of white rice  
Cream of 1 coconut (or one 13 oz can)  
salt to taste

## Method

Clean and wash the rice. Put the rice in a pan, stick in the index finger on surface of rice and fill water upto slightly above the 2nd joint of the index finger. Cover and cook the the rice under low heat.

When the rice is almost done, mix the salt with the coconut milk and add to the rice stir and cook for a few more minutes.

Serve the hot rice on to a platter and flatten it using flat spoon or spatula. Cut it into squares and serve with Seeni sambol, cutta sambol or juggery.

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# Quiche Lorraine

Posted by [Sriani](#) on March 28, 1998

1 9" unbaked pie shell  
(follow a standard pie crust recipe)  
4 slices bacon cooked and crumbled  
1/2 cup diced ham  
1/2 cup grated swiss cheese or cheese of your choice  
4 eggs  
1 cup half & half or heavy cream  
1/2 teas salt  
1/4 teas. nutmeg  
1/4 teas pepper

Sprinkle bacon in bottom of unbaked pie shell.  
Cover with ham and swiss cheese. Put eggs, cream and  
spices in blender and blend only until mixed.

Pour over the bacon etc. in the pie shell and bake at 350\*  
for 45 mins or until mixture is set.

Serve hot with your favorite fresh salad.

Serves 6.

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# Chu Cha Ching Meat Curry

Posted by [Srimala Pennis](#) on February 25, 1998 at 18:05:18:

Chu Cha Ching Meat Curry

## Ingredients

2 Onions  
3 Green Chillies  
3 Tomatoes  
1/4lb Beef  
1/4 lb Chicken  
1/2 lb Mutton  
Garlic 2 Cloves  
Ginger 1tsp paste  
Coriander Leaves  
Cellery Leaves  
Lemon Grass  
Vinegar  
Soya Sauce  
Bell Pepper  
Curry Powder  
Chilli Powder  
Salt

## METHOD

Marinate chicken, mutton and beef with salt, vinegar, garlic and ginger paste and leave it for one hour.

Add Chilli powder, curry powder and celery leaves to it.

Fry the onions with lemon grass, green chillies and coriander and stir fry the marinated portion. Add Soya Sauce, tomatoes and bell pepper to the meat.

There you are ready for Miss Srimala Pennis's delicious Curry.  
It is the Best Ever Made.

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# Sweet and Sour Meatballs

Posted by [Diane](#) on December 07, 1997

Mix together in a large bowl

- 1 garlic glove (cut in very small pieces)
- 3 tbsp. butter
- 1 lb lean hamburger
- 1 lb ground pork
- 1 cup mill
- 2 eggs
- 1 tsp. salt
- 1 tsp pepper
- 1/2 tsp. celery salt

Mix all of the above together and for into small meatballs, then cook either in oven or on stove top. Then make a sauce.

Sweet and Sour sauce

In a large pan on stove mix all the ingredients down below

- 2 tbsp. butter
- 1-1/2 cup ketchup
- 1-1/2 cup water
- 3/4 cup melasse
- 1/2 cup brown sugar
- 1/2 cup vinaigre

Boil sauce for 30 minutes and then add meatballs and let simmer for 1 hour. Makes about 70 small meatballs.

Hope you enjoy it, great for holidays.

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# Indian Style Chicken Curry

Posted by [Lasanthica Benedict](#) on October 27, 1997

## Ingredients:

2.5 lb Chicken  
1 Chopped Onion  
1 tsp of Garlic  
1 tsp of Ginger  
1 tsp of Cinnamon  
1 tsp of Cardomum  
1 tsp of Cloves  
2tsp of Viniger  
2 tsp of Oil  
2 tsp of Garam Masala  
1 tsp of Chili Powder  
Salt to your liking

## Method:

Wash and skin the chicken.

In a big saucepan saute the onion and the oil.

Then add the chicken and let it cook for approximately 2 mins.

Then add all the spices and the salt, except the garam masala and stir well.

Add 2.5 cups of water and let the chicken cook.

When the chicken is almost cooked fully, add the Garam Masala and let it cook for at least another 7-10 mins.

When the chicken is totally cooked just remove from the heat.

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# Indian Style Chicken Curry

Posted by [Lasanthica Benedict](#) on October 27, 1997

## Ingredients:

2.5 lb Chicken  
1 Chopped Onion  
1 tsp of Garlic  
1 tsp of Ginger  
1 tsp of Cinnamon  
1 tsp of Cardomum  
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2 tsp of Oil  
2 tsp of Garam Masala  
1 tsp of Chili Powder  
Salt to your liking

## Method:

Wash and skin the chicken.

In a big saucepan saute the onion and the oil.

Then add the chicken and let it cook for approximately 2 mins.

Then add all the spices and the salt, except the garam masala and stir well.

Add 2.5 cups of water and let the chicken cook.

When the chicken is almost cooked fully, add the Garam Masala and let it cook for at least another 7-10 mins.

When the chicken is totally cooked just remove from the heat.

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# LOW FAT CHICKEN & SPINACH

Posted by [Sriani\(U.S.A.\)](#) on September 07, 1997

## Ingredients

about 2 lbs. boneless chicken thighs or boneless  
chicken breast cut into about 1/2 inch pieces  
1 sml garlic chopped  
1 sml onion chopped  
2 pieces lemon grass  
2 tabl roasted curry powder  
2 teas chilli powder or as needed  
salt to taste  
1 tabl worstershire sauce  
juice of 1 lime  
1 small pkg frozen chopped spinach, thawed and drained  
(fresh chopped spinach could be used--about 1 cup)  
1/2 cup water

## Method

Thaw spinach and drain very well. Mix all inged. into the cut chicken and put into a large saucepan. Cook until done.

Add water only as needed to cook the chicken. It should be a very dry curry. Do not let the chicken fragmentate. When the chicken is done, add the spinach and stir well.

Should be served soon, so the spinach still stays very green.  
(If fresh spinach is been used a little water should be added)

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# Isso Badum (Shrimp Stir-fry)

Posted by [Malini](#) on August 09, 1997

This is a quick and easy dish which goes well with rice.

Serves 4-6

## Ingredients

3 tbsp cooking oil  
1/4 cup cashew nuts  
1 lb uncooked jumbo shrimp, peeled  
1 tsp grated ginger root  
1 medium onion, finely chopped  
2 cloves garlic, minced  
1/2 lb spinach, washed and shredded  
2 tbsp soy sauce  
2-3 tsp chile powder  
salt to taste

## Method

Heat oil in a pan and add the cashew nuts. Cook over low heat, stirring continuously until lightly browned. Remove with a slotted spoon and drain on paper towels.

Add the shrimp to the oil remaining in the pan until the shrimp turn pink.

Add the ginger, chile powder, garlic and onion. Cook for a few minutes over moderately high heat.

Add the spinach and stir-fry briefly. Add the soy sauce to the pan, stir in the cashew nuts and serve immediately.

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# Curried shrimp Crepes (pancakes)

Posted by [Val Boteju](#) on May 24, 1997

Ingredients (filling):

1/2 lb shrimp  
1/2 cup diced celery  
1/2 cup diced onion  
1/2 cup diced tomato  
1 chicken flavoured bouillion  
1/4 cup all purpose flour  
1/4 cup heavy cream  
1 tsp. curry powder  
1 tsp. chillie powder  
1/2 tsp. salt

Method:

Boil the shrimp in two table spoons of water. Drain and chop into small pieces. Stir fry the celery, onion, tomato. Over low heat add the flour, chilli and curry powder. slowly add the chicken bouillion mixed in the water drained from the boiled shrimp. When thickened leave it to cool.

In a covered blender, blend the mixture until smooth. Return the mixture into a saucepan and add the shrimp, salt and heavy cream.

Ingredients (crepes):

2/3 cups all purpose flour  
1 1/2 cups milk  
3 eggs  
1/2 tsp salt  
1 tbsp melted margarine  
grated cheese (optional)

Method:

In medium bowl beat all the ingredients except the cheese. The batter should be a little thinner than for pancakes. Refrigerate for one hour. Spoon the batter on to a hot skillet and make each pancake.

Fill each pancake with a spoon full of filling and roll up.

Optional :

Arrange all the pancakes in an oven proof dish. Sprinkle the cheese on top of the pancakes and just before serving, pop in the Microwave for 1 minute.

# Elumas Curry (Mutton Curry)

Posted by [Malini](#) on January 03, 1997

This delicious meat curry is in a class of its own

## Ingredients:

- 1 lb Mutton
- 1 medium onion chopped
- 2 green chillies chopped
- 4-5 curry leaves
- 1 inch piece of Rampe(optional)
- 1 piece of lemon grass(sera) (optional)
- 3 cloves of garlic
- 1/2 inch piece of ginger
- 1 ripe tomato
- 1 tsp chillie powder
- 1 tsp roasted curry powder
- 1/2 tsp turmeric
- 1/2 tsp black pepper
- 1/2 tsp mustard seed(crushed)
- salt to taste
- 1 tbsp cooking oil
- 1 tbsp vinegar



## Method:

Trim any excess fat from the meat, then cut the meat into 1 inch cubes. Grind the ginger and garlic into a paste.

Mix the chillie powder, curry powder, turmeric, pepper, salt and the lemon grass with the meat, cover and allow to marinate for about 1-3 hours.

Fry the onion, green chillies, curry leaves, rampe and the ginger garlic paste in the oil under low heat. When the mixture is golden brown add the chopped tomato, mustard seeds and cover and simmer for about 3 minutes.

Now add the meat, add vinegar and stir. Cover and cook under low heat for about 30-40 minutes or until the meat is tender. Remove from heat and serve hot.

# Pol Sambol

Posted by [Chriz Greacen](#) on February 07, 1998

I love Sri Lankan food. One of my absolute favorite is Pol Sambol.

## Ingredients:

1 fresh coconut  
1/2 red onion finely diced  
2 limes  
1 tbsp of chili powder

## Equipment:

1 bowl  
1 coconut shaver

## Steps:

1. Crack the coconut in half and pour the juice into a glass. You'll want to sip on the juice while you scrape the coconut; its tough work if you're not used to it.
2. Shave both halves of the coconut into your bowl.
3. Make sure your red onion is finely diced and add it to the coconut.
4. Add the chili powder.
5. Add the juice of 1 of the limes into the bowl.
6. Mix well. The sambol should be moist and reddish (from the chili powder).
7. Add another half-limes worth of juice.
8. Mix a little more.
9. Serve!

Pol Sambol could be served with every Lankan meal. It goes really well with a little parripu and string hoppers. Make some up and serve it to your american friends as a dip with potato chips for a party. It's great stuff!



# Karavila(bitter gourd) with Eggs

Posted by Sachini on January 22, 1998

## Ingredients

1/2 lb Karavila (bitter melon or bitter gourd)  
1 tbsp salt (or to taste)  
1 scallion (loonu kola)  
2 medium-sized onions  
4 tbsp veg oil  
6 cloves garlic, minced  
3 small tomatoes, chopped  
3 large eggs, lightly beaten

Trim away the two pointed ends of the Karavila and cut them in half lengthwise. Remove the pale, seeded section with a spoon and discard it. Cut the darker green outer shells crosswise, at a slight diagonal, into 1/4 inch wide strips. Prepare a solution of 2 cups water and 1 tbsp salt in a bowl. Put the Karavila strips into this bowl and set aside for 2 hours.

Drain the Karavila and rinse the strips under running water. Drain again and pat dry.

Cut the scallion into 2 inch lengths and then cut each section lengthwise into thin strips. Peel the onions and cut them in half lengthwise; then slice them into fine half rings.

Heat the oil in a skillet over a medium flame. When hot, put in the garlic, fry until garlic is light brown. Add the onions. Stir and fry for 2 minutes. Add tomatoes. Stir and fry 2 minutes. Add Karavila, turn down the heat. Stir occasionally and fry around 10 minutes or until Karavila is tender. Stir in beated eggs and the salt. Stir and cook as you would scrambled eggs until eggs have reached a consistency you like. Remove from heat, add scallion strips and serve.

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# Ala Thel Dala II (Deep fried potatoes)

Posted by [Lasanthica Benedict](#) on November 13, 1997

## Ingredients:

5 big boiled potatoes  
2 medium onions  
1 tbsp oil  
1.5 cups of oil seperately  
1.5 tsp chilii powder  
4 tbsl maldive-fish chips (optional)

## Method:

Cut the potatoes into pieces and deep fry them untill gorlden brown in the 1.5 cups of oil

In a seperate pan heat the 1 tbsp of oil and saute the onions for about 3 mins.

Then add the potatoes and stir well with the onions and then add the chili powder, the maldive-fish chips and the salt to your liking.

Let it cook for at least another 5 mins or so before taking it off the heat.

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# Ala-Thel-Dala (Deville'd Potatoes)

Posted by [Malini](#) on August 17, 1997 at 14:02:24:

This is a spicy side dish that goes well with rice.

Serves 4-6.

## Ingredients

1/2 lb Potatoes, boiled and skined  
1/2 tbsp Chillie Powder  
1/4 tsp Turmaric  
1/2 tsp Dried Chillie Pieces  
3 tbsp Oil  
1 tbsp Maldive Fish (optional)  
1 Onion, sliced  
5-6 Curry Leaves (optional)  
Salt to Taste



## Method

Cut the potatoes into 1-inch cubes.

Heat the oil in a pan, and add the onions and curry leaves.

When partially fried, reduce the heat. Add the chillie powder, chillie pieces, turmatic and fry for a few seconds.

Add the potatoes and the maldive fish to the to the pan and stir. Cook for about 3-5 minutes stirring periodically.

Serve hot with rice.

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# Okra with tomatoes

Posted by [Menik](#) on August 04, 1997 at 12:21:35:

## Ingredients

Okra 1bag frozen  
Onions 1 small  
Tomatoes 1 medium  
Salt to taste  
Curry Powder  
Chillie powder as desired  
Ginger 1 inch piece crushed  
Garlic 3 cloves crushed  
Oil 3tablespoons

## Method

Chop the onions and the tomatoes. Thaw the okra. Heat oil in a shallow frying pan and add the onions ginger and garlic.

Put in the okra and tomatoes along with the rest of the ingredients and let cook in low heat.

This is a very easy to make and fast recipe.

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# Potatoes with Spinach(Ala saha Nivithi Badum)

Posted by [Malini](#) on February 15, 1997

This is a spicy dish, a slight modification to the regular "Ala Thel -dala". If you are using frozen spinach for this dish, you will need to thaw and drain the liquid.

Serves 5-6

## Ingredients

5-6 medium potatoes  
1 lb spinach chopped  
1 onion chopped  
3-4 green chillies chopped  
1 tsp cumin seed(suduru)  
4 tbsp vegetable oil  
1-1 1/2 tbsp crushed red chillie peppers  
4 cloves of garlic(sudu-loonu )  
1 inch piece of ginger(Inguru)  
salt to taste

## Method

Skin the potatoes and cut in to about 1" cubes. Heat the oil in a non-stick or heavy bottom skillet. Add the potatoes and fry till golden brown on all sides.

Remove the potatoes from pan and add all the remaining ingredients except the spinach, to the pan and fry till golden brown.

Now add the spinach and cook uncovered till the liquid evaporates. Add salt to taste and serve hot with rice.

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# Kiri-Kos (White Jack-fruit curry)

Posted by [Malini](#) on February 02, 1997

There are a lot of ways of cooking Jack-fruit and this is one of my all time favourites.

Server 6-8

## Ingredients

3 cups of Jack-fruit  
1 medium onion, finely chopped  
2 green chillies  
1 tsp maldivian fish(optional)  
2 cups coconut milk  
1 tsp mustrad seed  
4-5 curry leaves  
1/2 tsp saffron powder  
1 tsp curry powder  
1 tsp chillie powder  
salt to taste

## Method

Clean and deseed the the Jack-fruit. Cut the Jack-fruit into thin long stripes. Clean the seeds and cut them into two.

Mix the Jack-fruit, the seeds and all the other ingredients except the mustrad and the coconut milk in a pan. Add a cup of water to it and stir. Put the pan on a medium flame cover and cook until the jack-fruit is well done.

Grind the mustrad seed and stir it to the Coconut milk. Add this to the pan and bring to a boil, stiring frequently.

Serve hot.

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# Tofu(Soy-Bean Curd) with Spinach

Posted by [Asoka](#) on February 02, 1997

This is a great substitute for meat.

Serves 5-7

## Ingredients

1 lb Tofu(Bean curd) cut in 1/2 inch cubes  
1 lb Spinach(Nivithi) fresh or frozen  
1-2 tsp chilli powder  
1/2 tsp turmeric  
2 tsp curry powder  
2 tbsp cooking oil  
1 medium onion, chopped  
2 green chillies chopped(optional)  
2 cloves of garlic minced(optional)  
4-5 curry leaves(optional)  
1 tbsp soy sauce

## Method

Heat 2 tbsp of oil in a shallow pan, under medium heat. Add the tofu cubes and fry until light brown on both sides. Remove the tofu from the pan.

Add the remaining tbsp of oil to the pan and lower the flame. Next add the chillie powder, curry powder and the turmeric and fry for about 30 seconds. Add the onion, the curry leaves, the garlic and the green chillies and fry for another 4 minutes.

Now, add the spinach to the pan and fry for about 1-2 minutes. Next, add the fried tofu and stir carefully. If you used fresh spinach then you will need to add about 1/4 cup of water to the pan. Stir in the Soy sauce and add salt to taste.

Cook for another 2 minutes. Serve hot, with rice.

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# Deep Fried Wambatu Curry (Eggplant or brinjals)

Posted by [Malini](#) on December 26, 1996

This is a side dish that goes very well with rice. Serves about 6-8

## Ingredients

- 1 large eggplant weighing about 1 pound
- 1/2 cup of cooking oil
- 1-inch piece of fresh root ginger
- 2-3 cloves of garlic, peeled
- 1 fresh green chilli, finely chopped
- 1/2 onion, finely chopped
- 1/2 tsp ground turmeric(kaha)
- 1/2 tsp chilli powder
- 1/2 tsp curry powder
- 1 tbsp vinegar
- 1 tbsp sugar
- 1/2 tsp mustard seeds(abha)
- 1/2 cup of coconut milk or water
- 3-4 curry leaves(optional)
- salt to taste



## Method:

Heat the oil in a pan. Wash the eggplant and cut the it into thin strips of legnth around 1". When the oil is hot, deep fry the egg plant in small batches until golden brown. Drain excess oil and set a side.

Crush or finely chop the ginger,garlic and mustrad seeds into a paste. Mix this paste together with the remaining ingredients except eggplant and sugar and heat in a pan under medium heat for about 3 mins.

Next add the deep fried eggpant and the sugar. Cook for another minute. Add salt to taste and serve.

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# Easy soda cracker dessert

Posted by [Anita](#) on December 07, 1997

1 small container Cool Whip  
soda cracker non-salted  
1 vanilla instant pudding (do as per the box instruction)

## Method:

mix cool whip with the instant pudding. In a pan 9x9 pour a bit of mix in bottom then line the pan with soda crackers then cover with the mix, then another layer of soda cracker and pour the rest of the mix on top. Cover with cherry pie filling, or other filling you like.

Put the pan in refrigerator for over an hour. Then cut and enjoy.

Delicious and very easy.

The soda cracker will puff up. Won't even know it is soda cracker.

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# Pann Pudding (Bread Pudding)

Posted by [Malini](#) on November 30, 1997

## Ingredients

4 cups white bread cubes  
3 eggs  
3 cups water  
1 can (14 oz.) condensed milk  
2 tsp vanilla  
2 tbsp margarine or butter, melted  
1/8 tsp grated lime rind  
1/8 cup sliced almonds (optional)



## method

Place bread cubes in buttered 9 inch square dish. In a large bowl beat eggs. Add the remaining ingredients to the bowl. Mix well. Pour evenly over the bread.

### Stove-top directions:

Tie the brim of the bowl with plastic wrap or oil paper. Boil till set in a saucepan of boiling water (approx. 40-50 mins).

### Micro-wave directions:

Tie the brim of the bowl with plastic wrap or oil paper. Cook on high till set (approx. 20 mins).

### Variations:

Substitute raisins or chopped cashew nuts in place of almonds.

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# MANGO MOUSSE

Posted by [SRIANI C](#) on September 13, 1997

## Ingredients

1 Large can of mango pulp 30-32 oz or ( 4 cups pureed ripe mango)  
1 can condensed milk  
1 cup heavy cream whipped stiff  
2 small pakgs of lemon or orange or peach jello ( 3 oz )  
( if jello is not available 2 pkgs of gelatine== 1oz .ea. and 3/4 cup  
sugar may be substituted )  
1 Cup hot water

## Method

Dissolve jello or gelatine in the water. Cool to room temperature.

Mix mango pulp and the milk. Add the cooled jello and mix well.  
Fold in the whipped cream.

Pour into a pretty glass bowl and refrigerate until set or overnight.

Decorate with fresh mango and roasted cadju nuts.

P.S.if you are using fresh mango, sugar should be added to  
taste.Also dissolve the sugar with the gelatine.

LET ME KNOW IF YOU LIKED IT !!!!

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# CARAMEL PUDDING OR FLAN

Posted by [Sriani C \(U.S.A.\)](#) on September 13, 1997

## Ingredients for PUDDING

1 CAN CONDENSED MILK  
1 1/2 CANS WATER  
3 EGGS  
2 TSP VANILLA

## Ingredients for CARAMEL SAUCE

1 CUP SUGAR

## Method - CARAMEL SAUCE

RINSE A FRYING PAN UNDER FAUCET. WIPE THE BOTTOM AND PLACE ON STOVE AT MEDIUM TO HIGH HEAT. SPRINKLE SUGAR EVENLY IN PAN AND COOK UNTIL IT TURNS BROWN. DO NOT STIR UNTIL ALL THE SUGAR IS MELTED AND IT BECOMES A BROWN SYRUP. POUR INTO A OVEN PROOF BOWL AND TURN SYRUP AROUND TO COAT INSIDE OF BOWL.

## Method - PUDDING

HEAT OVEN TO 350 F. WHIP EGGS AND THEN THE REST OF THE INGREDIENTS. POUR INTO THE COATED BOWL. PLACE BOWL IN A PAN OF WATER AND PLACE IN THE OVEN AND BAKE FOR ABOUT 45 MINS OR UNTIL IT SETS.

COOL AND INVERT INTO A SERVING DISH.

LET ME KNOW IF YOU LIKED IT !!!!



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# Carrot Cake

Posted by [Sriani](#) on September 08, 1997

## INGREDIENTS

1 1/2 CUPS SALAD OIL (NOT COCONUT OIL)  
2 1/2 CUPS WHITE SUGAR  
4 EGGS SEPERATED  
5 TABL HOT WATER  
2 1/2 CUPS FLOUR  
1 1/2 TEAS BAKING POWDER  
1/2 TEAS BAKING SODA  
1/4 TEAS SALT  
1 TEAS GRATED NUTMEG  
1 TEAS CINNAMON POWDER  
1 TEAS GOUND CLOVES  
1 3/4 CUPS GRATED FRESH CARROTS  
1 CUP CHOPPED WALNUTS ( I HAVE USED CADJU ROASTED)

## GLAZE

3/4 CUP SIFTED CONFECTIONARY SUGAR  
1 TABL LEMON JUICE

## METHOD

Heat oven to 350 F. Grease and flour a 13 x 9 cake pan or a fluted bundt pan. In large mixing bowl at medium speed, cream oil and sugar until well blended.

Then beat in egg yolks, one at a time, beating well after each addition. Beat in the hot water. Sift together flour, baking powder, salt and spices. Beat into the sugar mixture. Stir into the batter the carrots, and nuts.

Beat egg whites until soft peaks form ,fold into the batter. Mix well. Pour into the prepared pans.

Bake for 60 minutes or until cake tester comes out clean. (baking time will depend on each oven)

Cool in pan 15 mins then remove and finish cooling on wire rack.

Make glaze-----mix sugar and lemon juice and drizzle over cooled cake. Could be decorated with chopped nuts or with grated carrots. I prefer the later. It makes it look very pretty.

p.s. cake keeps well when wrapped and refrigerated.

Let me know if you liked it.

# Watalappan

Posted by Deepani on July 17, 1997 at 15:15:06:

## Ingredients:

2 cups Thick Coconut Milk  
1/2 lb Brown Sugar  
4 Eggs  
Pinch Cardamoms (Optional)  
3 Cloves (Optional)  
Raisins, Cashew,

Beat the eggs in a mixer. Add the coconut milk, brown sugar cardamoms and cloves to the beaten eggs mix well. Add the mixture into a pot and steam for 20 minutes. Add raisins.

Alternatively the mixture can be added into multiple small aluminum baking foils and then steamed. The time required for steaming is about 5-10 minutes for this method.

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# PAPAYA AND LIME JELLO

Posted by [Val Boteju \(Canada\)](#) on May 24, 1997

## INGREDIENTS:

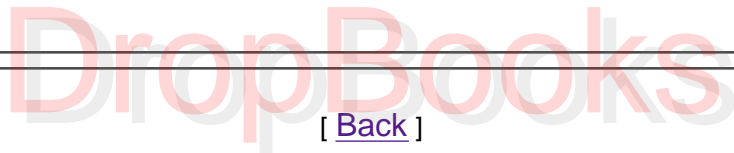
1 medium size ripe whole papaya  
1 small pkg. Lime jello powder  
\* cup boiling water  
1/4 cup cold water

## METHOD:

Pour the hot water into a small bowl and first dissolve the jello powder. Then add the cold water, mix well and leave to cool (do not let it set).

In the meantime cut the top of the papaya making an opening big enough so that you can put a teaspoon inside and scoop out the seeds. Make sure you take out all the seeds.

Place the papaya cut side up in a small container so that the fruit won't move. Pour enough jello liquid to reach the top, put back the piece of papaya that you cut off. Place in the refrigerator until the jello is set. Cut it in quarters and serve with Vanilla ice cream.

A large, semi-transparent watermark logo for 'DropBooks' is centered on the page. It features the word 'Drop' in a light red color and 'Books' in a light grey color, both in a serif font. A thin black horizontal line is positioned above the text.

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# Wellawahum (Coconut Stuffed Pancakes)

Posted by [Malini](#) on January 04, 1997

This is a very popular Sweet that is usually served with tea in the evening.

Serves 6.

For the Filling:

## Ingredients

1 1/2 cups grated coconut  
1/2 cup trickle (or 1/2 cup Brown sugar dissolved in 1/8 cup of water)  
1 tsp ground cardamon seeds  
dash of ground black pepper  
Salt to Taste.

## Method:

Heat the trickle in a heavy bottom pan. When it is boiling add the grated coconuts and the black pepper. Stir and cook under low heat for about 10-15 minutes. Add salt to taste and cool.

For the pancakes:

## Ingredients

2 eggs  
1 1/2 cups wheat flour  
1 cup milk  
salt to taste  
1/4 cup oil for frying

## Method:

Place all ingredients except the oil in a large bowl and beat with a wire whisk until smooth. This batter can also be prepared in a blender or food processor.

Place a non-stick or cast iron skillet over low heat. When hot, add about 1/4 tsp oil and spread over the pan evenly. Pour two tbsp of batter into the pan. spread it quickly by tilting the pan. The pancake will set in a minute or so. Let it cook for a further minute, then carefully turn it over with a thin spatula, or toss it. Cook the otherside for about 1 minute (Brown spots should appear on both sides).

Spread 1 tbsp of filling on one side of the pancake and roll it up. Make the rest of the panckaes in the same way. Serve hot.



# CHEESE PUFFS

Posted by [SRIANI C](#) on March 28, 1998

2 cups grated cheese ( I prefer cheddar)  
1/2 cup butter  
1 cup sifted white flour  
1 tsp chilli powder  
1/2 tsp salt  
50 small stuffed olives, cocktail onions, or dates  
(or be creative with something of your choice)

Blend cheese with soft butter. Stir in flour and seasonings which have been sifted together. Mix well to form a soft dough.

Heat oven to 400\* F. Wrap one teaspoon of dough around the olive or covering it completely. Arrange on baking sheet and chill till firm. Bake at 400' for 15 mins.

Serve hot as a appetizer with cocktails.

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# Cutlets II

Posted by [Lasanthika Benedict](#) on November 13, 1997 at 13:36:46:

## Ingredients:

2 lbs Ground Beef  
1 tsp ground cardomums  
1 tsp ground cloves  
1 tsp ground cinnamon  
1 tsp minced ginger  
1 tsp minced garlic  
salt to your liking  
1 medium onion  
bread crumbs  
3 egg whites beaten  
vegetable oil  
3 potatoes, mashed  
1/2 tsp chili powder

## Method:

Saute the onions with a little bit of oil till the onions are slightly golden browned, about 3 mins. Then add the meat and let it cook for about 5 mins.

Add the spices, the chili powder, the Ginger and the garlic and the salt and let it cook untill the meat is cooked completely.

Remove form the heat and add the mashed potatoes and mix it well with the meat. Make little balls from the meat and potato mixture.

Dip the cutlet balls in the egg and then in the bread crumbs. Make sure the whole cutlet is covered with a lot of bread crumbs.

Heat the oil untill it is boiling and then fry the cutlets till golden brown.

Serve it hot and enjoy it.

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# Fish Cutlets

Posted by [Malini](#) on July 02, 1997

These are delicious as a snack with evening tea or as a side dish for lunch or dinner.

Serves 8-10 people

## Ingredients:

1 15-oz can of Salmon or Jack mackerel  
1 big onion finely chopped  
3 green chillies finely chopped  
1/2 lb potatoes  
1/2 bottle frying oil  
4-5 curry leaves  
1/2 lime  
1 egg  
1/4 lb bread crumbs  
salt and pepper to taste

## Method:

Boil and skin the potatoes. Mash the potatoes. Drain the water from the fish can. Break the fish into small pieces.

Heat 2 tbsp of oil in a pan under medium heat. When the oil is hot and the onions, green chillies and curry leaves and fry till the onions are golden brown.

Now add the crumbled fish and temper for about 3-5 minutes. Next add the mashed potatoes and season with salt and pepper and mix well. Remove the pan from heat and add the lime juice to the mixture and mix well.

Beat the egg in a bowl. Put the bread crumbs to a flat dish. Make small balls from the fish mixture(one inch diameter). Soak the balls first in the beaten egg and then coat the balls with bread crumbs.

Heat the remaining oil in a frying pan and when the oil is hot add the coated fish balls and fry till golden brown.Makes about 30-40 cutlets.

Serve hot.

# Rasam

Posted by [Malini](#) on January 11, 1997

This is a spicy drink usually served as an appetizer.

Serves 4-6

## Ingredients

4 cups water  
1/4 cup masoor dhal  
1 tsp corriander seeds  
1 tsp cumin seeds  
2 dried red chillies  
6-8 curry leaves  
1 tbsp tamarind concentrate  
1 tsp salt  
1/2 tsp chillie powder  
1 tbsp cooking oil  
1/2 balck mustrad seeds

## Method

Wash and drain the dhal. Place the water, dhal, corriander, cumin, chillies and curry leaves in a pan and bring to boil. Lower the heat to medium and cook, uncovered, for 6-8 mins. Cover the pan and simmer for 30 mins.

Remove the pan from the heat and let cool slightly. Strain the liquid and sieve the dhal into it. Return to the pan. Heat and add the tamarind, salt, chillie powder. Stir until the tamrind is dissolved.

Heat the oil in a seperate pan and add the mustrad seeds. As soon as the seeds crackle, add the rasam or stir the hot oi and the seeds in to the rasam.

Remove from heat and serve warm.

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# Faluda

Posted by [Malini](#) on January 04, 1997

This is a muslim speciality and usually served in between meals. You may need to reduce the rose syrup content to 1 tbsp if you are used to less sweetness.

Serves 1.

## Ingredients

1 Scoop Vanila ice cream  
1 1/2 tbsp Rose flavoured syrup  
1 1/2 cups milk  
1/8 tsp Kasa-kasa (optional)  
2 tbsp hard set Jelly (Jello) (optional)

## Method

Soak the Kasa-kasa in about 1/4 cup of water for about 10 minutes. Add the Jelly and the Ross syrup to a 16oz glass. Drain the Kasa-kasa and add to the glass.

Pour the milk over the Jelly carefully without disturbing the mixture. Add the scoop of ice cream on top and serve immediately with a tea spoon.

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# Irish Eggs

Posted by [Nilmini](#) on March 30, 1998 at 10:47:13:

6 hard boiled eggs, peeled  
1 lbs (450 g) potatoes, peeled, boiled, and mashed  
2 eggs, beaten  
1 tsp finely minced garlic  
1 tsp salt  
1 Tbs mustard  
1 Tbs fresh rosemary, chopped  
10 soda crackers (saltines) crushed to fine crumbs  
Vegetable oil for deep frying

Combine the mashed potatoes, beaten eggs, garlic, salt, mustard, rosemary, and cracker crumbs, mixing thoroughly. Divide the potato mixture into 6 portions.

Press a hard-boiled egg into each portion, covering each egg entirely. Deep fry in 350F (180C) oil until golden brown.

Serves 6.

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# Cream Soup

Posted by [Achala Gunasekera](#) on January 11, 1998

Cream Soup

1/4 cup finely chopped onions

1/2 cup chopped boiled chicken

1/4 cup butter

3 tablespoons of flour

1 1/2 cup of chicken broth

1 1/2 cup of milk

Sauté onion and chicken in butter until chicken is done.

Stir in flour and stir in pepper and salt.

Cook for a minute until smooth and bubbly.

Gradually stir in chicken broth and milk.

Do not boil.

(4 servings)

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# PER'S PUMPKIN PICKLE:

Posted by [Kursist ved AOF](#) on September 18, 1997

## INGREDIENTS

- 1 kg. of peeled pumpkins without seeds
- 20 small preserved onions.
- 3 - 4 umbels of dill
- 3 bay leafs

## VINEGAR PICKLE:

- 1 l. water
- 500 ml. vinegar
- 2 teaspoons of salt.

## SUGAR PICKLE (Ingridients:)

- 400 gr. sugar.
- 2 teaspoons of salt.
- 5 dl. water.
- 4 fresh peeled ginger.
- juice from 1 lemon.
- 2 teaspoons of cayenne pepper powder.
- 2 tablespoons of mustard seeds.
- preservin spices which is
- 60 dried chili peppers
- 100 gr. of yellow mustard seeds
- 50 black pepper corns
- 50 white pepper corns

+ preserving fluid for the pickle and the glass(es).

## HOW TO DO:

- Peel and spilt the pumpkin, and take out the seeds with a spoon.
- Cut the pumpkun into 15 cm's long pieces.
- Put the pumpkin pieces into a pot.
- Put the bay leafes on the top.
- Bring the Vinegar-pickle to boil.
- Pour the still boiling Vinegar-pickle over the pumpkin, - and put the pumpkin pot a cool place for 24 - 36 hours.
- Take up the pumpkin-pieces and the bay leafs from the pot and dry it carefully with a cloth piece.
- Cut across the pumpkin-pieces into 2 - 3 cm's pieces.
- Cut the ginger into 1 cm.'s pieces.
- Mix the sugar-pickle spices, including the dill umbels, small onions, the ginger piecces & the preserving spices.
- Bring the sugar-pickle to boil.
- Scum the the foam of the pickle.
- Put in the pumpkin and let the whole thing boil until the pumpkins are clear.
- Take the casserole from the warm, and put a little preserving-fluid to the pickle.
- Wash the glass(es) with the preserving-fluid.
- Put the pumpkin-pickle to the glass and cover it with close-sitting cover.
- After a couple of days the pumpkin-pickle is ready to serve.
- Very good to serve to all kinds of rice or vegetables.



# Mango Curry

Posted by [Thushani Wijeratne](#) on August 26, 1997

4 well seasoned mangoes  
2 dsps sliced red onions  
2 dsps maldivian fish  
12 dry chillies (ground)  
a pinch of turmeric  
2 inch piece cinnamon to taste  
2 teas cups coconut milk  
2 dsps of margarine  
1 tsp sugar  
salt to taste

Peel & cut the mango in small slices.

Heat the margarine in a pan & fry the onions.

Mix the rest of the ingredients together & when the onions are browned.

Turn in the whole mixture & let it boil stirring occasionally until the ingredients are cooked.

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# Prawn & Chillie Paste

Posted by Pinkie on April 04, 1997 at 11:06:49:

Ing : 2 dsp dry prawn pieces  
Powdered chillies to taste  
1/4 tsp sugar  
2 tsp soya sauce  
4 dsp oil  
salt to taste

Method :

Heat oil in a pan. When boiling take out from fire & add the balance ingredients. Stir Well.

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# Siyabala Chutney (Tamarind Chutney)

Posted by [Malini](#) on January 09, 1997

This is a very simple Chutney to make and it goes well with any curry.

Serves 10-12.

## Ingredients

1/2 lb. Seedless cleaned Tamarind  
1/2 lb. Sugar  
1/2 inch. piece of Ginger  
3 cloves of Garlic  
1/4 lb. of Raisins  
2 tbsp of Chilli powder  
2 cups of Vinegar  
6 green Chillies  
Salt to taste

## Meathod

Soak the tamarind in 1/2 cup of boiling water for 10 minutes. Squeeze it to remove the soft pulp. Strain through a sifter. Discard the pulp.

Grind the green chillies, garlic and ginger in a little bit of vinegar. Mix this paste with the chilli powder.

In a heavy bottom pan dissolve the sugar with the remaining vinegar. Cook for about 5 minutes, under medium heat. Add the tamarind juice and the garlic paste to this syrup. Cook for a few more minutes and add salt to taste.

Cool and add the raisins.

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